

Transitioning from Child to Adult

Navigating through the teen years and young adulthood can be challenging for most families. *For people with diabetes, these years bring special challenges: physically, emotionally and socially. Learning how to manage diabetes effectively and independently is an important step as these young people make the transition from childhood toward a healthy adult life.*

In Transit, an innovative teen transition program offered by the University of Chicago, guides young people through this critical period of their lives and toward a healthy future. One of the only comprehensive programs of its kind in the United States, **In Transit**, offers intensive education, clinical care, and supportive services for adolescents, teenagers and young adults.

We partner with the youth who has diabetes, their family or caregiver, and their medical team. Our goal is to help teens and young adults learn to live with diabetes on their own. We're sensitive to the physical, social, emotional and intellectual developmental stages that are distinctive to this group as they move from pre-adolescence and puberty through their teens and into adulthood.

We provide a spectrum of support through our partnerships with medical specialists and through individual sessions, group classes, family workshops and other tools. **In Transit** addresses challenges such as:

- Food choices;
- Consistent monitoring;
- Using glucose sensors and/or insulin pumps;
- Social situations;
- Managing blood sugar on-the-go;
- Travel;
- Puberty and its impact on diabetes management.

Our Team

In Transit has an amazing team, including physicians, diabetes educators, nurses, dietitians, social workers and other health care professionals who truly understand the needs of adolescents, teens and young adults. Key members of the In Transit team include:

Louis H. Philipson, MD, PhD
Medical Director, University of Chicago Kovler Diabetes Center; Professor of Medicine and Pediatrics

Elizabeth Littlejohn, MD
Associate Medical Director, University of Chicago Kovler Diabetes Center; Assistant Professor of Pediatrics

Brian Bordini, MD
Pediatric Endocrinologist and Instructor of Pediatrics

Siri Atma W. Greeley, MD, PhD
Instructor of Pediatric Endocrinology

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE
Registered Dietitian, Certified Diabetes Educator, Program Coordinator

Peggy Hasenauer, MS, RN
Executive Director, University of Chicago Kovler Diabetes Center

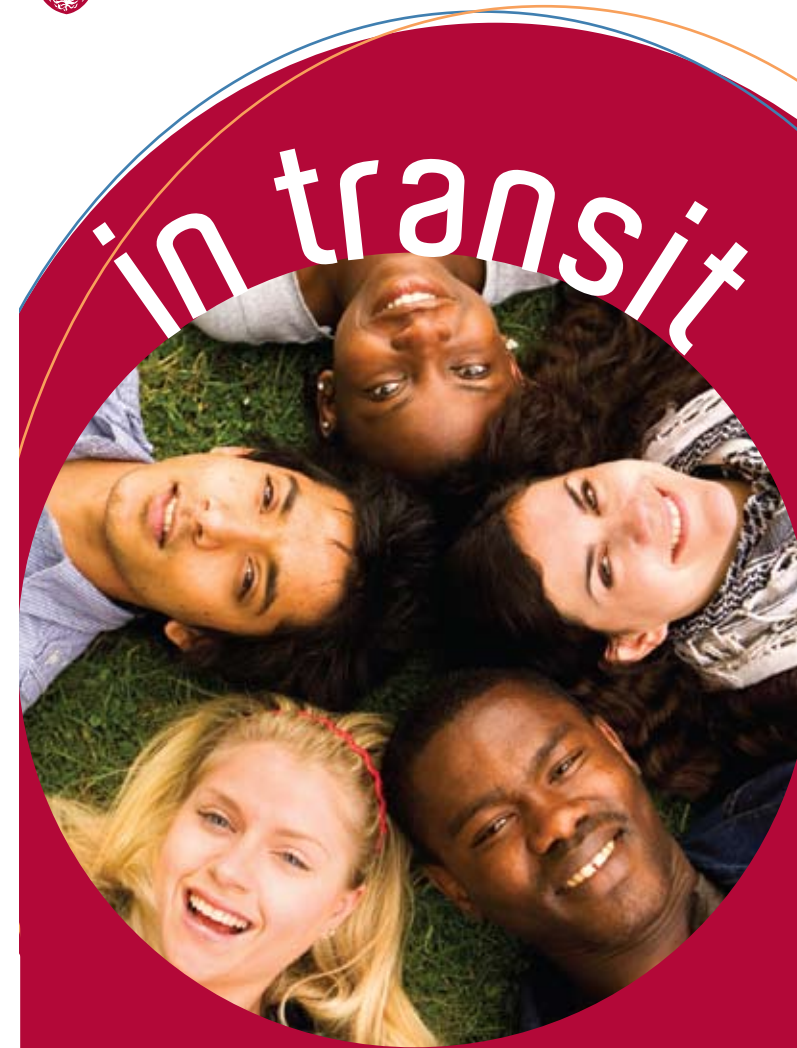
Kristen Allen
Diabetes Support Specialist

Psychosocial Team

John Rolland, MD
Anne Brennan Malec, PsyD, LMFT
Zephon Lister, MA, MMFT
Ileana Ungureanu, MD, MA

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Guiding Adolescents,
Teens & Young Adults
with Diabetes Toward
a Healthy Future

Teaching Adolescents, Teens and Young Adults to Manage Their Lives with Diabetes

In Transit at the University of Chicago offers a bridge from pediatric care to adult diabetes management and addresses issues from the perspective of young people. We accommodate the different needs and varying maturity levels in three phases: adolescents, teens and young adults.

- **Comprehensive:** Addressing medical, educational and emotional needs;
- **Multidisciplinary:** Diverse specialists can address related chronic conditions and potential complications of diabetes, from head (neurology) to toe (podiatry), as well as related conditions like celiac disease;
- **Teen-focused:** This program is designed specifically for teens and young adults. We adapt our approach as kids move from adolescence to high school, to college and independent living;
- **Flexible:** We can work with a patient and his or her family on an ongoing basis at the University of Chicago Medical Center, or we can consult with their local endocrinologist after a one-time consultation;
- **Supportive:** We partner with adolescents, teens, their families or caregivers, as well as local physicians to support the needs of every young person living with diabetes.

A Prescription for Healthy & Successful Transition

- Transition is not an event, but a process
- Families and caregivers should start thinking about transition as early as possible, even at the time of diagnosis
- Families and caregivers should identify potential/actual obstacles of transition as early as possible
- Families should work with their pediatric diabetes team and create a plan for transition
- Create an individualized plan for each adolescent, teen and young adult
- Have a dedicated team for transition care

For Parents and Caregivers: Guiding Your Child to Healthy Choices and Independent Diabetes Care

Growing up comes with more and more independence for your child, and that can be especially difficult when they have a chronic disease like diabetes. That is why we offer a program to help everyone—children, parents and caregivers—make a healthy transition into adulthood. It is absolutely essential that your child has the tools for successful diabetes management.

In Transit provides your child with the support and crucial diabetes knowledge as he or she matures and addresses realities and tough choices.

Expertise for Your Child's Unique Needs

In Transit will connect your child to a University of Chicago specialist based on his or her specific medical needs, including pediatric and adult kidney disease, cystic fibrosis, celiac disease and other conditions that often are related to diabetes. The University of Chicago fosters a collaborative approach between diverse specialists, so your child will benefit from well-coordinated care.

Convenient Support and Resources

In Transit makes diabetes care and management convenient. If you and your child visit the University of Chicago Medical Center for ongoing care, if you live farther away and visit once or twice a year, or if you come to us for a consultation/second opinion, we are here for you. *We are committed to a close partnership with your medical team and will keep them well informed about our findings and recommendations.*

Through our relationships with community-based providers, **In Transit** will connect you and your child to resources in your local area as needed. Access to nearby educational and emotional support can boost a young person's knowledge and confidence as they learn to manage their life with diabetes.



Growing Up with Diabetes

We understand your desire to fit in and make your own decisions and will work with you to make the best choices, balancing what you want to do with what your body needs in order to stay healthy.

In Transit will teach you:

- How to make the best food choices, including the healthiest options for fast food, snacks and other foods that you crave;
- How to properly use glucose monitors, sensors and insulin to control your blood sugar levels;
- How to “fit in” and stay healthy;
- How you can participate in sports, activities and social outings, and still balance your blood sugar;
- How to use new technology to make it easier to manage your diabetes.



For Older Teens and Young Adults: Taking Control of Your Own Health

It's time to take control of your life and your diabetes. *Whether you're living on your own or with your family, you need to understand how to manage diabetes on your own terms.*

As you grow up, you face more choices. You may be tempted to pull an all-nighter, skip a meal, stay out late, sleep until noon, or try certain substances... These are tough choices for teenagers and young adults. However, as a young person with diabetes, you need to understand how the choices you make affect your blood sugar and your health.

To stay healthy, you also need to know how to monitor your blood glucose, adjust your insulin injections or insulin pump, and make the best choices every day.

In Transit will help you learn:

- How to manage your blood sugar when you're in classes, at work, or traveling;
- How to remain active and on-the-go — whether you're connected to an insulin pump or if you need to measure blood glucose every few hours;
- How alcohol, fast food, smoking or other choices may complicate management;
- How to choose foods that taste good and are good for you.

For Pre-Teens and Teens: Learning to Live with Diabetes as You Grow Up

The reality is, your diabetes isn't going away. What will go away, eventually, is your dependence on your parent or another adult to help with your blood sugar and insulin.

As you grow up and become more independent, you need to learn to manage your own life with diabetes. It isn't easy, but we can help.

You're not a little kid anymore, but don't worry. No one expects you to act like an adult right away. **In Transit** will teach you how to gradually manage your disease. You'll feel good about yourself as you gain independence and control over your diabetes.

